

YOUNG CAREERS UK!

A FILM DOCUMENTARY

TEACHER'S NOTES

NATIONAL CURRICULUM LINKS

PSHE and Citizenship

Key stage 3

Developing good relationships and respecting differences between people

1. effects of stereotyping, prejudice, bullying, racism and discrimination and how to challenge them assertively
2. how to empathise with people different from themselves

Key stage 4

Developing good relationships and respecting differences between people

1. to challenge offending behaviour, prejudice, bullying, racism and discrimination assertively and take the initiative in giving and receiving support
2. to work cooperatively with a range of people who are different from themselves

YOUNG CARERS LESSON PLAN

THE VIDEO AND LESSON PLAN ARE SUITABLE FOR KEY STAGES 3-5

LESSON AIMS

- to learn about who young carers are and what their lives may involve
- to begin to understand and empathise with other peoples responsibilities and circumstances
- to gain information and contact details for young carers support organisations for members of the group
- to challenge disability prejudice and peer pressure/bullying in a safe environment

LESSON OBJECTIVES

- to discuss the definition of a young carer
- to watch the video by and about young carers
- to scaffold understanding and empathy of issues by either small group discussion or improvisation work
- to produce follow up written outcomes if required

LESSON ACTIVITIES

Basic outline for a 60 minute lesson

1. "What are young carers?" Paired discussion *5 minutes*
2. Whole class feedback/discussion/brainstorm *5 minutes*
3. Write definition on board (or hand outs) *2 minutes*
4. Watch the Young Carers video *20 minutes*
5. Divide class into two groups; half do case study 1 and half do case study 2 (see attached support sheets). Work in 2-4's as desired. *10 minutes*
6. Class discussion/feedback on case studies, ensuring the two case studies are read out to the class. *10 minutes*
7. Can anybody guess the link between the two? They are the same person. Discuss how this illustrates that people can behave very differently in different circumstances and be adept at keeping their home circumstances hidden in school. Use as plenary to bring together the main learning points of the session and to give out support organisation contact details *5 minutes*

IDEAS FOR FURTHER SESSIONS ON YOUNG CARERS ISSUES

DRAMA OUTCOMES

Improvisation scenario: Leon is given a detention by a teacher for consistently not doing homework. How does he field the questions by the teacher? How does the teacher respond to a) finding out Leon is a young carer or b) hearing unlikely and untrue explanations. Extend improvisation by pushing students to redo the improvisation making both Leon and the teacher behave more reasonably.

Hot seating: Hot seat Leon (place a volunteer student in front of the class) and allow students to question him about his experiences at home. How does he feel about life at home with his Mother? Does he get to go out with his friends much? etc.

WRITTEN OUTCOME

Diary entries for Leon; the day he finds out his Dad has left home, the day after he has had another detention for not doing homework...why does he behave the way he does in school?...the day he tells his best friend that his Mum is drinking heavily.

DEFINITION OF A YOUNG CARER

A young carer is a young person whose life is significantly affected by a relative's serious illness, disability, mental health issues or alcohol and substance misuse.

Some facts about young carers from recent research

- The young person will often be given responsibilities normally deemed inappropriate for their age
- Average age is 12
- 1 in 5 provide intimate care
- 41% have a primary care role

Useful contacts

Princess Royal Trust for Carers, Young Carers Worker 020 7480 7788

Childline 0800 11 11

Case Study 1

Leon is fifteen and lives with his Mum and 8 year old sister. His Mum became depressed after his Dad left home and she began drinking heavily. She is often tired and cross and thinks Leon is very good at helping at home but does not like strangers getting involved. Leon does a lot of shopping and cooking and gets his sister ready for school in the morning

Think about Leon's life. How has it changed since his Dad left?

Make a list of the chores Leon may do around the house and for his Mum?

Think of words to describe how he may feel about his life and how it's changed.

Leon wants some help. Who can he talk to? Which people and organisations will he be able to confide in?

Case Study 2

"Blokey" is fifteen. He used to do alright at school but recently he has been absent once or twice a week. He never gets his homework in on time and his grades have gone down. He gets angry very quickly and has been in several fights. He has been in trouble with the police a couple of times

Try and think of reasons why Blokey's behaviour and attitude to school has changed. What may have happened in his life to make him act so differently?

Think of words to describe the way Blokey may be feeling at the moment.

Imagine you are his form tutor. What are you going to do about the changes you see in Blokey?